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TORREYA

August, 1910

Vol. 10

No. 8

ADAM IN EDEN OR NATURE'S PARADISE *

EXTRACTS BY JEAN BROADHURST

Years ago, before the museum building of the New York Botanical Garden was completed, Professor Lucien M. Underwood showed me some of the quaint and rare books in the library. Among them none interested me more than an old herbal written by William Coles and printed "at the Angel in Cornhil near the Royal Exchange in 1657." A. Bronson Alcott says that "the old *herbals*, too, with all their absurdities, are still tempting books", and so I found this one by Coles, which he naïvely calls Adam in Eden or Nature's Paradise. Since then my guests at the Garden have always been introduced to this time-browned volume with its little, incongruous, gummed label; and the interest shown has suggested the printing of these extracts, that all may have access to an expurgated edition of this rare old book.

Botanists may be interested in the plant descriptions; some are "descriptions which do not describe" and some are strikingly simple and distinctive. How little was generally known of the non-flowering plants is shown by the description of the polypody fern where the sori or fruit dots are ingeniously explained.

The derivation of many of our common words is suggested in such unusual spellings as *wood bind* for *woodbine*, *onely* for *only*, and *then* for *than*; and the rare use of the possessive apostrophe raises a question as to the time of its general introduction into the English language and what spellings may the advocates (and the opponents) of simplified spelling not champion where names are spelled in three ways in one paragraph!

* Illustrated with the aid of the Catherine McManes fund.

[No. 7, Vol. 10, of TORREYA, comprising pages 145-168, was issued Aug. 1, 1910]

The general cure-all qualities ascribed to some of the plants suggest a modern patent medicine advertisement; and the recipes call so often for wine and beer as to suggest that then, as to-day, not a little of the invigorating effect was due to the alcohol used.

The book consists of nearly seven hundred pages and contains descriptions of three hundred forty-three plants, which not only cure such human ills as the hichet (hiccough) and the loosening of the teeth, stay hunger, and prevent weariness, but serve various other useful purposes, such as making hens lay, keeping puppies small, and increasing public revenues.

Each plant is described under five headings, the *names*, the *kinds*, the *form*, the *places and time*, and the *virtues* or the *signature and virtues*. By signature, is meant the sign put upon the plant by an all-wise Creator to show man its uses, such as thorns to indicate its thorn- or splinter-drawing power, an ear-shaped leaf to point out its ability to cure deafness, and sticky or slimy juice to show that it should be used to "glue together" cuts and wounds.

The extracts given below include a few of the plants commonly known to-day in America. The aim has been to present for these well-known plants typical descriptions and recipes, preserving so far as possible the leisurely style and naïveté so characteristic of the whole book. Useless repetition has been avoided by the frequent omission of entire sections (such as *names*, *form*, and *signature*); when part of a section has been omitted it is indicated by asterisks in the usual way.

Other striking differences between ADAM IN EDEN and the books of to-day are the closely-printed title page, lavishly adorned with red ink; the effusive dedication and lengthy introduction, enlivened by several poems dedicated to the author himself; and the conclusion, most naïve of all, where Mr. Coles openly asks for encouragement, laments the lack of time as "a thing I have much wanted ever since I undertook this business", and with a pun bids farewell to the gentle and apprehensive reader.

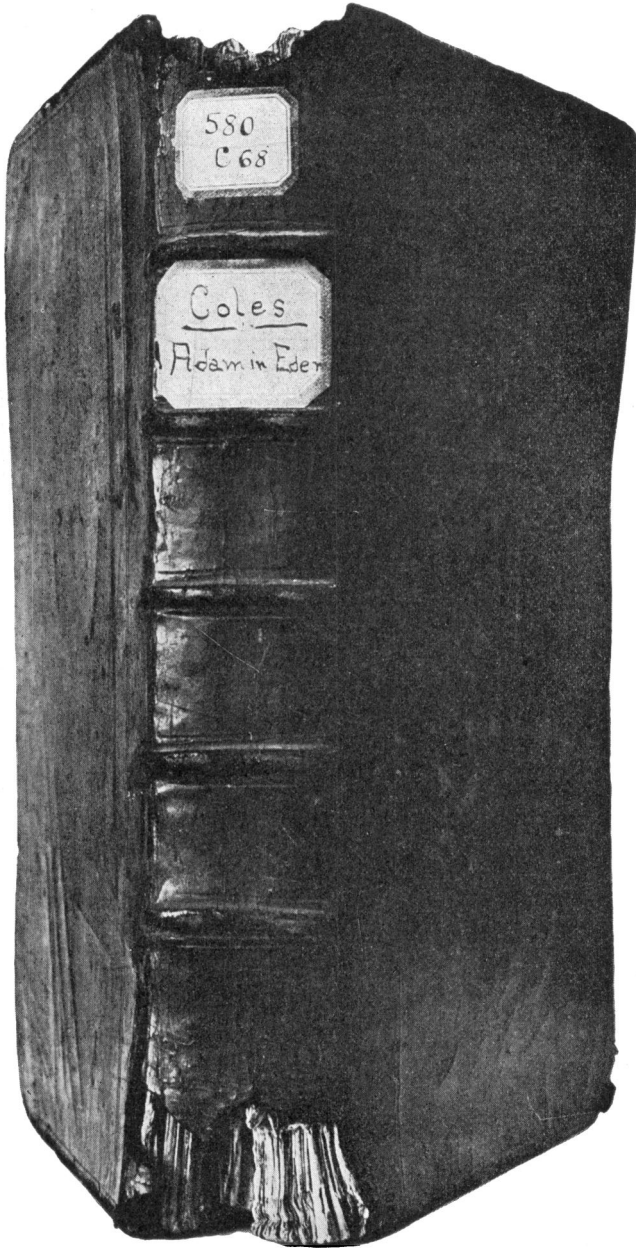


FIG. 1. Photograph of Adam in Eden in the library of the New York Botanical Garden.

ADAM IN EDEN: OR, NATURES PARADISE.*



He History of *Plants*, Fruits, Herbs and Flowers. with their severall *Names*, whether *Greek*, *Latin* or *English*; the places where they grow; their Descriptions and Kinds; their times of flourishing and decreasing; as also their severall *Signatures*, *Anatomical appropriations*, and particular *Physical Vertues*; Together with necessary *Observations* on the seasons of Planting, and gathering of our *English Simples* with Directions how to preserve them in their compositions or otherwise. A *Work* of such a *Refined* and *Useful* Method that the Arts of Physick and Chirurgie are so clearly laid open, that *Apothecaries*, *Chirurgions*, and all other ingenuous Practitioners, may from our own Fields and Gardens, best agreeing with our *English Bodies*, on emergent and sudden occasions, compleatly furnish themselves with cheap, easie, and wholsome *Cures* for any part of the body that is ill-affected.

For the *Herbarists* greater benefit, there is annexed a *Latin* and *English Table* of the severall names of *Simples*; With another more particular *Table* of the *Diseases*, and their *Cures*, treated of in this so necessary a *Work*.

By *William Coles*, Herbarist.

Then the Lord took the man and put him into the Garden of Eden, Gen. 2. 25.

London, printed by J. Streater, for Nathaniel Brooke at the Angel in *Cornhil*, near the *Royal Exchange*, 1657.

* The original is in red and black ink; see the illustration on the next page. Permission to make this and the other photographs was given by Professor N. L. Britton, the director of the New York Botanical Garden.

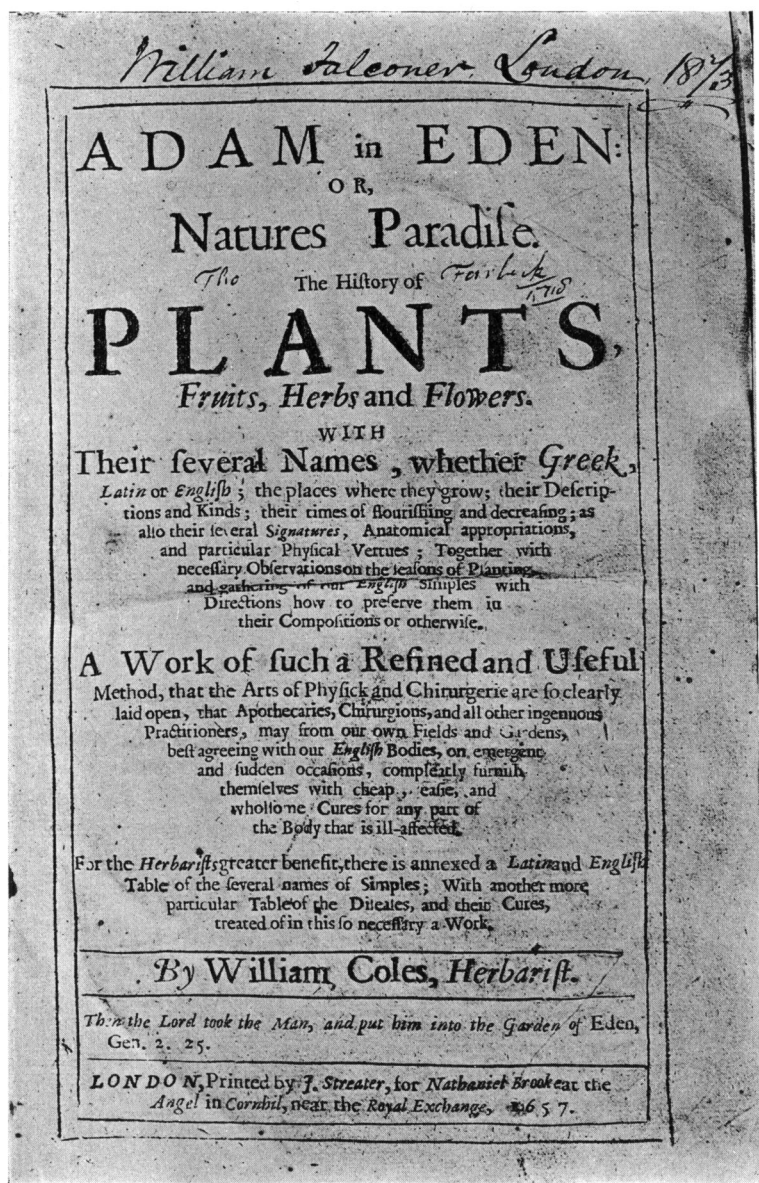


FIG. 2. Title page of Adam in Eden.

To The
 TRULY NOBLE,
 AND
 Perfect Lover Of LEARNING,
 Sir William Paston,
Knight and Baronet.

Most Honoured Sir,



*O*twithstanding the generall Dedication of this Herball which you will find at the Foot of my Epistle to the Reader, I have thought it absolutely necessary to apply my selfe to your Worship in Particular, humbly beseeching you to give me leave to commit it to your more immediate Protection, that in case it should meet with any malevolent Spirits, that should have any thoughts to cast forth their venomous detractions and aspersions upon it, the Luster of your name appearing in the Front, might cause them to vanish, no otherwise then the nocturnall spirits doe at the approach of the sunne. That which imboldened me, though a stranger to you, to presume so much upon your goodnesse was the generall repute, that you have really deserved by those propitious Aspects, that the noblenesse of your Nature hath vouchsafed to cast upon those, that bend their endeavor towards the advancement of any designe tending to the publique good, especially if it be in order to the laudable study of Physick, wherein you have approved your selfe a good Patriot, as well as by those happy discoveries you have communicated to the World; but more especially in that rare cure of the Gout, which your Charity hath dispensed with so much successe * * * And amongst the rest, Students in the Herbarie Art are as profitable Members as any other, for besides that they are Trumpets of Gods glory, setting forth it selfe so wonderfully in these Vegetables, they are also by some called the Handes of God because they are his Instruments to apply those things unto Mankind that he hath created for their preservation. And in this respect Physick may be said to be more effectual than Divinity it selfe, for though the Charmer or Preacher charme never so wisely, yet if the Auditor be not compos mentis, but like the Deafe Adder, he will lose his labour. But such are the Powerfull vertues of Herbs administered by a skillful Professor, that they will even restore those that have lost their Senfes, and so not only make them capable of good Counsell

and wholfome instruction, but caufe both mind and body to refume their priftine Integrity. And thus in all Humility, I lay it down at your Worships feet, not without fome hopes that you will be pleafed to accept it, and to pardon the boldneffe of

Sir

Your most humble
Servant,
W. COLES.

To the Reader.

Courteous Reader,



O make thee truly fenfible of that happineffe which Mankind loft by the Fall of *Adam*, is to render thee an exact *Botanick*, by the knowledge of fo incomparable a Science as the Art of Simpling, to re-inftate thee into another *Eden*, or, *A Garden of Paradife* * * * for I dare boldly affert, that if there be any one that is become fo much an Herbarift, as to be delighted with the pleafant Aspects of Nature, fo as to have walked a few turns in her folitary Places, traced her Allies, viewed her feveral imbroidered Beds, recreated and feasted himfelf with her Fragrances, the harmleffe delights of her Fields and Gardens; He it is, that hath embraced one of the greateft of terreftriall Felicities. Hence, it is, that Emperours, Princes, Heroes, and Perfons of the moft generous Qualifications, have trod on their Scepters, fleighted their Thrones, caft away their Purples, and laid afide all other exuberancies of State, to court their Mother Earth in her own Dreffings; Such Beauties there are to be difcerned in Flowers, fuch Curiofities of Features to be found in Plants. When God Almighty would have *Adam* to partake of a perfection of happineffe, even then when he ftood innocent, he could find none greater under the Sun then to place him in a Garden. * * * With my Prayers for the profperity of the Nations, together with my beft defires for the good fucceffe of mine Endeavours, I take

Leave and reft. Thine,
W. COLES.

To Th' *Ingenioufly Learned*, Mr W. Coles,

on this *His* worthy *Labour*, intituled, *The Paradife of Plants*,
or, *Adam in Eden*.

Sir, My *Affection*, not my *Avarice*,
Hath made m'*Intrude* into your *Paradife*:
Where, to amazement, I have gladly feen
Earth's fairest *Beauties*, drefsed in *Lovely-green*:

So *glorious*, so full of *Eloquence*,
 They both *surprize*, and *captivate* the *Sense*
 So *Ravishing*, I cease to wonder more
 Why *Dioclesion*, the *Emperour*,
 Put off his *purple*, and *resigned* up all,
 To lead his *Life*, within a *Garden-Wall*:
 So *various*, as if they meant to *Vie*
 Their different *Faces*, with *Humanitie*:
 So *Numerous*, we'd think the *Heav'nly-Scheme*,
 Had not a Parent, for Each *Plant* of them;
 (Whereas, though *Earth* their Common Mother be,
 They All from *Heav'n*, derive a pedigree.)
 But O their virtues! Those do strike one *Mute*
 Th'are pas *expresion*, some, *past finding out*:
 Or pestered with an inconvenience, which
 Makes Him that *knows 'em* but a *knowing-witch*
 And that's one Reason th'are so clofely hid,
 (*Nature's* whole *System* so inveloped)
 And we (*Poor Mortalls*) thus exposed to trie
 Endleffe Conclusions for their *Energie*.
 Nor shoulde w'm any measure, this attain;
 But that some Vocal *Signatures*, explain
 The end of their *Production*, and *Restore*
 To us, in part, what *Adam* knew before
 In which grave work, a number have *done well*
 But very few, had fortune to *excell*:
 And those that did, the *Anciens* greatly *Priz'd*,
Rewarded high, nay, sometime *Idoliz'd*
 * * * But now! what shall we say
 What owe we to You, that we have *Smooth'd the Way*,
 And *cut it shorter*, by whole shelv's of Books,
 That serve, but to *confound* 'em Overlooks
 Their *Bulkie Vol'ms*? So Methodiz'd the Art,
 That now 'tis Apposite Man's ev'ry Part
 Whose *Triple Regions* have their *Plants* at hand,
 His *Limbs*, their proper *Med'cines*, at command.
 * * * I could (almost)
 Believe the *Wise-man's Books* were never *Lost*,
 (Such is *Knowledge*, doth from hence accrew!)
 Or (were they so) I'm fure th'are found in you.
 Go on (Brave Soul!) and *Perfect* this *Design*,
 Whil'st we *conspire*, to make *your* glory shine;
 And (with *Respect* to *Learning*) fancy still
 That *Coles* hath writ, as *faer* as any *Quill*

S. Wharton.

T O
His Esteemed, William Coles, upon
his New Methodized History of
 P L A N T S.

SOME may condemn your forwardnesse, that you
 Venture thus soon into the publick view ;
 But by the wisest sort 'tis understood,
 No man can be too hasty to do good.

And may all those that enviously do brouze
 Upon your Leaves, fare like the Vicars * Cowes ;

The fault will be their own, yet still 'tis true,
 In *few* there's poyson; though there's none in You :

For you have scrutiniz'd Dame-Natures store,
 To find out Remedies, that may restore

Expiring Health, when the cold Hand of Death,
 Is ready to extort our vitall breath.

And as Diseases subtilly do part
 Themselves in Squadrons ; some invade the heart,

Others the Head surprize ; and others strive
 If not to kill, to make Us dye alive.

So you your Plot ingeniously have laid,
 To raise stout Forces with small Charges paid,

To charge their severall Parties in each part,
 And Nature marches Hand in hand with Art.

Kind Nature alwayes hath held forth her Book,
 But few have thought it worth their pains to look

Within those precious Leaves, wherein each cure
 Is plainly legible in *Signature*.

You have reviv'd that Knowledge, and by Her,
 You will be thought her best *Interpreter*.

Ile say no more ; your Books themselves will praise,
 And every Garden yield you verdant Bayes ;

And they that find the good, with all their Souls,
 Will with *New-Castle* may send all such Coles.

* See the Art
 of Simpling,
 Chap. 19.

Anthracius Botanophilus.

T O

FIG. 3. A sample poetical tribute.

A Table of the *Appropriations*,* shewing for what Part every *Plant* is chiefly medicinable throughout the whole Body of Man; beginning with the *Head*; quoted according to the chapters contained in this Book.

For the Head in generall.		For the Eares.		For the Teeth.	
<i>Wallnuts,</i>	1	Afarobacca.	25	Pine,	51
<i>Peony,</i>	2	Ground Ivy,	26	Pomegranate,	52
<i>Poppy,</i>	3	Ivy,	27	Maftick,	53
<i>Squills.</i>	4	Poplar-Tree,	28	Mafter-work,	54
Larch Tree its Aga-		Nightfhade,	29	Corall	55
rick and Turpen-		Sow-sennell,	30	Corall-wort	56
tine.	5	Sow-thistles,	31	Henbane,	58
				Wild Tanfy,	59
For restoring Hair.		For the Mouth in generall.		For the Dryneffe of the Mouth.	
Quinces,	14	Medlars,	41	Fleawort,	60
Moffe,	15	Mulberries,	42	For the difeases of the Throat, as Roughnefs, Quinfy, Kings Evill, &c.	
Maidenhare,	16	Mints,	43		
		Purflane,	44		
		Golden Rod,	45	Throatwort,	61
				Date-tree,	62
				Garlick,	72
				Liquorice,	73
				&c.	

ADAM in EDEN

OR,

The Paradise of Plants



He Method which I fhall follow in this enfuing Treatife, fhall be according to that which Anatomifts ufe in Mans body, which they divide into four parts, viz. The upper middle, and lower Regions; and laftly, the Limbs. Firft treating of thofe plants which are appropriated to the Head, and to the feveral parts thereof. Secondly, of thofe which

* These are selections only from the first page of the Table of Appropriations. Other "Appropriations" not given in this selection are: For the Eyes, For the Brain, For the Nose, For the Scurvey, For fhortness of Breath, For the Heart, Qualms, Faintneffe, &c., For cooling and ftrengthening the Stomack, For the Liver, For the Spleen, and For drawing out Splinters.

are appropriated to the Breaſt, and the parts therein contained. Thirdly, of thoſe which do more properly appertain to the ABDOMEN or lower Region. And fourthly, of thoſe which particularly belong to the Limbs. In all when I ſhall obſerve thoſe PLANTS which have any ſpecial Signature; And I ſhall begin the Wall-nut-Tree, becauſe the fruit of it doth reſemble the Head in ſeverall particulars.

CHAP. I.

Of the Wall-nut Tree.

ALthough the Wall-nut-Tree is generally known to moſt forts, yet left, in this reſpect, our *Treatiſe* ſhould ſeem lame, I ſhall take pains to deſcribe the form of it; but firſt I ſhall give you the Names and Kinds as I find them ſpoken of, both by the Ancient and Modern Botanicks.

The Kinds

Parkinſon and others reckon up eight kinds thereof: 1. Our ordinary Wall-nut. 2. The greateſt Wall-nut. 3. The thin-ſhelled Wall-nut. 4. The long Wall-nut. 5. The Wall-nut which beareth twice a year. 6. *St. Johns* Walnut, or the late-ripe Wall-nut, which ſhooteth not forth any leaves, till it be Midſummer. 7. The white Wall-nut of *Virginia*. 8. The black Wall-nut of *Virginia*. But becauſe all theſe kinds differ little in their vertue, I will deſcribe none here but the ordinary Wall-nut.

The Forme.

The *Wall-nut* is a luſty Tree both for height and bulk, and ſpreadeth forth many large Arms and Boughs, and muſt make a goodly ſhadow, when the leaves are on, which conſiſt of five or fix faſtened to one rib, with one ſtanding on the top, like thoſe of the Aſh, but that they are much larger: * * * It beareth catkins or Aglets, which come forth before the nuts, of a yellowiſh colour, which open into ſmall flowers, and falling away, the round Nuts come in their places, two or three uſually ſet together; but ſome times half a dozen or more, which are covered with a double ſhell; * * * Of the whole fruit growing on the Tree, there is this common old Riddle, which almoſt every child can fay. Its

As high as an Houſe, As little as a Mouſe;
As round as a Ball, As bitter as Gall;
As white as Milk, As ſoft as Silk.

The Wood is much uſed by Joyners, to make Tables, Stools &c. It is very durable if it be kept dry, but rots preſently in the weather.

ADAM in EDEN:

OR

The Paradise of Plants.

THe Method which I shall follow in this ensuing Treatise, shall be according to that which Anatomists use in Mans body, which they divide into four parts, viz. The upper, middle, and lower Regions; and lastly, the Limbs. First treating of those Plants which are appropriated to the Head, and to the severall parts thereof. Secondly, of those which are appropriated to the Breast, and the parts therein contained. Thirdly, of those which do more properly appertain to the Abdomen or lower Region. And fourthly, of those which particularly belong to the Limbs. In all which I shall observe those Plants which have any special Signature; And I shall begin with the Wall-nut-Tree, because the fruit of it doth resemble the Head in severall particulars.

CHAP. I.

Of the Wall-nut Tree.

ALthough the Wall-nut-Tree is generally known to most sorts, yet left, in this respect, our Treatise should seem lame, I shall take the pains to describe the form of it; but first I shall give you the Names and Kinds as I find them spoken of, both by the Ancient and Modern Botanicks.

The Names.

It is called by *Dioscorides* and the other Ancient Greeks, *Κεφα*, because they say, the smell of the Leaves causeth the Head-ach, deriving it from *Κεφα*, or *Κεφα*, which in that Language signifieth an *Head*; and it hath somerimes the Epithite *Βασιλικη* adjoynd, because it was brought out of *Persia* into *Greece* by some of the *Gracian* Kings. It is called also by some of the Modern Greeks, *Διος Κεφαρος*, *Jovis glans*, and so the Latines from them *Din-glans*, by contracting the word, and subtracting the first Letter they called it *Juglans*. We English, call it the *Wall-nut-Tree*; and of some, *Walsh-nut-Tree*. The Nut is called in Greek *Καρπος Κερανιδος*; in English, *Wall-nut*; In Latine, *Juglans* & *Nux* *Kar* *Κεφαλ*.

The Kinds.

Parkinson and others reckon up eight Kinds thereof: 1. Our ordinary Wall-nut, 2. The greatest Wall-nut, 3. The thin-shelled Wall-nut, 4. The

B

Long

FIG. 4. The first descriptive page.

The Place and Time

The place of its first Nativity was in Persia, whence either the whole Tree hath been brought into divers other parts, or else the Nuts, which being put into the ground, do produce the Tree: for there is no other way of propagating it, unless it be of the *Virginian kinds*. It groweth commonly in *England* and some other places, in Orchards, Gardens, and sometimes in the streets and by the way sides where the Boys be continually pelting at them. There is a Fable in *Æsop* of a woman which asked the Wall-nut-Tree growing by the way side, which was pelted at with stones and sticks, by them that passed by, why it was so foolish to bring forth fruit, seeing that it was so beaten for its pains, to which the Tree rehearsed these two Proverbial Verses: * * * The *English* whereof I could tell you but that I fear the women of this preposterous age would be angry.* True it is, that this Tree, the more it is beaten, the more Nuts it bears; and therefore good Husbands, after they have beaten down the Nuts, do with long Poles, beat the empty boughs of the Tree; and I have observed, that those Trees which have grown in the streets, have been full, when those which have grown in the back have had scarce any, which I could impute to nothing else, * * *

The Signatures and Vertues.

Wall-nuts have the perfect Signature of the Head: The outer husk or green Covering, represent the * * * outward skin of the skull, whereon the hair groweth, and therefore salt made of those husks or barks, are exceeding good for wounds in the head. * * * The *Kernel* hath the very figure of the Brain, and therefore it is very profitable for the Brain, and resists Poysons; For if the kernel be bruised, * * * and laid upon the Crown of the Head, it comforts the brain and head mightily.† * * * And true it is, that two dry Wall-nuts, and as many Figs, and twenty leaves of Rue, bruised and beaten together, with two or three Corns of salt were King *Mithridates* Medicine against poyson, which after he had long used daily, at last he fought to poyson himself, but could not. And no marvel for the water of green Wall-nuts, taken about Midsummer, being drunk two or three ounces, cooleth and resisteth the Pestilence. * * * A peece of the green husk, put into an hollow Tooth, easeth the pains thereof. Some use the green husks * * * to season their meat; but if some dried Sage in Pouder be put into it, it will give a seasoning and relish not to be despised of poor folks. The Oyl of Wall-nuts * * * maketh smooth the hands and face, and taketh away * * * black and blew marks that come of blows and bruises, * * *. It is averred by some that if a Wallnut be * * * put into a chicken, it will cause it to be roasted a great deal the sooner.

* Translated popularly they are:

A woman, a donkey, and a walnut tree,
The more they're beaten, the better they be.

† "Very good" was written in pencil on the margin opposite this sentence.

Adam in Eden, Or,

long Wall-nut. 5. The Wall-nut which beareth twice in a year. 6. *St. Johns* Wall-nut, or the late-ripe Wall-nut, which shooteth not forth any leaves, till it be Midsummer. 7. The white Wall-nut of *Virginia*. 8. The black Wall-nut of *Virginia*. But because all these kinds differ little in their vertue, I will describe here none but the ordinary Wall-nut.

The Forme.

The *Wall-nut* is a lusty Tree both for height and bulk, and spreadeth forth many large Arms and Boughs, and must make a goodly shadow, when the leaves are on, which consist of five or six fastned to one rib, with one standing on the top, like those of the Ash, but that they are much larger: the bark is somewhat green in the younger boughs; but in the Trunk, it is tending to the colour of Ashes, and is full of clefts for the most part; It beareth Carkins or Aglets, which come forth before the Nuts, of a yellowish colour, which open into small flowers, and falling away, the round Nuts come in their places, two or three usually set together; but sometimes half a dozen or more, which are covered with a double shell; the outermost, green, soft, thick, of a strong smell, the juice colouring black; under which there is a woody shell, wherein a white sweet Kernel is contained, enclosed with a yellowish, bitter peeling, which commeth off easily while it is fresh, but will not do so when it is old: the inner pulp thereof is white, sweet, and pleasant to the tast, when it is newly gathered; for after it is dry it becommeth oily and rank. Of the whole fruit growing on the Tree, there is this common old Riddle, which almost every Child can say. Its

As high as an House, As little as a Mouse;

As round as a Ball, As bitter as Gall;

As white as Milk, As soft as Silk.

The Wood is much used by Joyners, to make Tables, Stools, &c. It is very durable if it be kept dry, but rots presently in the weather.

The Place and Time.

The place of its first Nativity was in *Persia*, whence either the whole Tree hath been brought into divers other parts, or else the Nuts, which being put into the ground, do produce the Tree; for there is no other way of propagating it, unlesse it be of the *Virginian* kinds. It groweth commonly in *England*, and some other places, in Orchards, Gardens, and sometimes in the streets, and by the way sides, where the Boys lie continually pelting at them. There is a Fable in *Aesop*, of a Woman which asked the Wall-nut-Tree, growing by the way side, which was pelted at with stones and sticks, by them that passed by, Why it was so foolish as to bring forth fruit, seeing that it was so beaten for its pains, to which the Tree rehearsed these two Proverbiall Verses:

Nux, Asinus, Mulier, simili sunt lege ligati

Hac tria nil recte faciunt, si verbera cessent.

The *English* whereof I could tell you, but that I fear the Women of this posterous Age would be angry. True it is, that this Tree, the more it is beaten, the more Nuts it bears; and therefore good Husbands, after they have beaten down the Nuts, do with long Poles, beat the empty boughs of the Tree; and I have observed, that those Trees which have grown in the streets, have been full, when those which have grown in the back sides have had scarce any, which I could impute to nothing else, but that those in the street were beaten and thrown at, more then the other: they blossom early before the leaves come forth, and the fruit is ripe in *September*, except *St. Johns Wall-nut*, which ripeneth not till *October*.

The

FIG. 5. The second descriptive page.

CHAP. II

*Of the Piony.**The Kindes.*

THe Sorts of *Pionyes* which I have met with, are in number
 11. 1. The male *Piony*. 2. The Female *Piony*. 3. Double
 Red *Piony*. 4. The double white *Pyony*. 5 The Spanish
 Dwarf *Piony*. 6 Columbine leaved *Pyony*. 7. The party coloured
Piony. 8. The female white *Piony*. 9. The female yellow *Piony*.
 10 The doubtful female *Piony*. 11. Certain, single, and double fe-
 male *Pionies*, that sprang with Clusius, of the seed of the double
 Red, which is not usual. All these sorts, except the female, are
 Plants so scarce, that they are possessed but by a few, and those great
 Lovers of Rarities in this kinde and therefore I shall trouble you
 onely with the description of that.

The Forme.

The * * * *Piony* riseth up with many stalks, * * *. At the
 top of the stalks, are growing fair large red flours, like the great
 double Rose of Provence; but that it is of a darker red, having also
 in the midst, yellow *Threds* or *Thrums* like them in the Rose, which
 some take to be the seed though falsely, which being faded and fallen
 away, there come in their places, two, three, or four rough crooked
Pods, bending a contrary way, as some Rams Horns do.

The Signature and Vertues.

The Heads of the Flower of *Piony*, being not yet blown, have
 some Signature and proportion with the Head of man, having sutures
 and little veins dispersed up and down like unto those which environ
 the brain, * * * the Roots are most effectually; for if they be fresh
 taken up and hung about the neck of children they cure it [Falling-
 sickneffe]; but the surest way both for them, and especially those
 which are elder is to take the roots * * * and infuse it in a sufficient
 proportion of Sack, for four and twenty hours at least, being first
 washed clean, and stamped very small, then strain it, and drink a
 good draught first and last, morning and evening, for severall dayes
 together, before and after the full of the moon; * * * The distilled
 water, or Syrup, made of the flowers, worketh the same effect that
 the Root and Seed do, though more weakly. Take the roots of
Piony, and peel off the outward skins: take also Periwinkle leaves,
 stamp and strain them into black Cherry-water, and let the Patient
 for three mornings fasting, drink a good draught thereof; but if he
 mend not at three times, let him drink longer. This Receipt was
 approved by the Lady *Cage*.

CHAP. III.

*Of Poppie*The *Names*.

THe general name * * * in plain *English* is, Because it doth so stupifie those that eat it, that they can not go about their bufinesse, or because the use of it doth * * * at length make men insensible.

The *Kindes*

There be severall sorts of *Poppies*, some tame and of the garden as
 1. The white garden Poppy * * * 3. Little red Poppy or Corn-rose*
 * * * 5 Murry coloured Poppy. * * *

The *Forme*.

Spatling Poppy * * * hath divers weak tender stalks, full of joynts, about a foot or half a yard long, usually lying on the ground, whereon grow many pale whitish green leaves, two always set together at the joynts, one against another; * * * at the tops of the stalks upon many slender foot-stalks, stand divers white flowers, composed of five small leaves apeece, with a deep notch in the middle of every one of them * * *.

The *Signature and Vertues*.

The Heads of the Poppies with their crowns do somewhat represent the Head and Brain, and therefore the decoctions of them are used with good success in several diseases of the Head. The Garden Poppy Heads with the seeds, made into a Syrup, procureth rest and sleep in the sick and weak, * * * Mr. *Culpepper* saith, that it is the juice of the white Poppy growing in *England*, which they sell for *Opium* in the Shops, though they pretend to have it out of the Eastern Countries, where they gather it only from the heads of the great white Poppy; but certainly his Pen run before his Wit, when he said it grew beyond the moon: for there is no question, but that it is so gathered in those parts * * * It was the head of this Poppy which the Greeks * * * [thought] to foreshew, as they conceived, the success of their love: For these Flowers, the tops being closed together with ones fingers, seem like little Bladders, which being broken against ones other hand, make a noise like unto the Bladders of little Fishes, being broken: If they gave a good report, they concluded they should be successful; if not, they presently let fall their suit: so superstitious were those people, as some in our own dayes be. * * *

* The common poppy of the wheat or "corn" fields, doubtless.

CHAP. VII

*Of Sage.**The Signature and Vertues.*

THe leaves of sage which look as if they were scorched by blasting, do by Signature give help to those parts of a mans body that seem to be as it were dead by some blasting, in restoring the natural heat and vigour to the part: in which quality it excelleth, giving a friendly and beneficial Comfort to the Vital Spirits. This herb hath many rare properties, but three especially which are contained in the following Verses,

*Sage helps the Nerves, and, by its powerfull might,
Palsies and Feavers sharp it puts to flight.*

Sage is of excellent good use also, to help the memory by warming and quickening the Sences, and the Conserve made of the flowers is used to the same purpose; The eating of Sage in the moneth of *May* with Butter, Parsly, and some salt is very commendable for the continuation of health to the Body; * * *

CHAP. VIII

*Of Rosemary**The Place and Time*

THe ordinary Rosemary, as also that with the gilded Leaves are no Strangers here in *England*, for they are to be found in most gardens, though their natural soil be in *France*, *Spain*, and other hot Countries. In that part of *France* which is called *Provence*, it groweth of itself without setting, and is used for a common fuel. There is so great plenty of it likewise, in *Spain*, that the Odour of it, is many times smelt by those in the Ships that passe by, many leagues off from the Land. * * *

The Vertues

* * * The Chymicall Oyl drawn from the Leaves and flowers is a Sovereign help for all the diseases aforeaid, if the Temples and Nostrills be but touched with a drop or two, it helpeth the head and brain, and so it doth any cold-benumbed Joynt, Sinew, or member,
* * *

CHAP. XII

*Of the Lilly of the Vally**The Kinds.*

OF this Lilly I find but two sorts. 1. Lilly-Convally with white flowers. 2 Lilly-Convally with red flowers.

The Forme,

The Lilly of the Valley hath leaves, fomewhat like unto other white Lillies, or rather like unto the leaves of the smallest water Plantains, among which doth a flender and small ftalk fpring up; in the top of which grow forth little fsmall white flowers, like little bells, with turned edges, and of a pleafant fmell; which being pafte there come fmall red berries, much like the berries of *Aſparagus*; wherein the feed is contained. The root is fmall and flender, creeping farre abroad in the ground.

The Temperature and Vertues.

The Lillies of the Valley * * * ftops the paffages of the Leprofy beginning that the fame fspread no further abroad. * The water alfo affwageth the swellings of the stingings of Bee and Waſps, if it be applyed to the part. * * * The wine is more precious than Gold; for if any one that is troubled with the *Apoplexy* drink thereof, with fix grains of Pepper, and a little Lavander water, they fhall not need to fear it that moneth; * * * Six ounces of the water of the flowers, helpeth thoſe that are poyſoned or bit with a mad dog, and being drunk fourty daies, it doth away the falling Sckneffe. * * * *Gerard* faith, That a glaſſe being filled with the flowers of *May* Lillies, and fet in an Ant-hill with the mouth cloſe ftopped for a months fpace, and then taken out, you fhall find a Liquor in the Glaſſe, which being outwardly applyed helps the Gout very much.

(*To be continued.*)

A NEW TERRESTRIAL ORCHID

In November, 1903, during an excursion to the vicinity of Camp Longview in the southern end of the Everglades, Mr. J. J. Carter, Mr. A. A. Eaton, and the writer discovered a peculiar orchid in the pine woods along the trail about two miles north-east of the point where the trail crosses Long Prairie. The plant was first observed by Mr. Carter, and only two plants were found.